

Edmonds United Methodist Church

# EUMC Adult Programs Guide



**Adult Spiritual Formation**



**Small Group Ministry**



**Advocates for Justice Teams**



**Care and Support Programs**

[www.edmondsumc.org/asf](http://www.edmondsumc.org/asf)

## WELCOME

This Guide contains details on three important programs at EUMC: Adult Spiritual Formation; Small Group Ministry; and Social Justice Advocacy Teams. Creating communities of support and connection is a core value at EUMC. In our disconnected society we hunger for friendship, meaningful conversation, community service, and most of all a relationship with the divine that inspires us with meaning and connection to a deeper purpose.

Also included in this booklet is information on a personal one-on-one support program, called Stephen Ministry, and lastly, the information on the community AA and NA groups housed in our building.

We hope you will avail yourself of the many opportunities offered here at EUMC. You don't need to attend our church to participate in any of these groups or activities. Just sign up. If you have questions, you can call the church for more information, 425-778-2119

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Mexican Train Dominoes group – Small Group Ministry

# ADULT SPIRITUAL FORMATION

## CLASSES, BIBLE STUDY AND BOOK STUDIES

Welcome to Adult Spiritual Formation at Edmonds United Methodist Church for Winter 2024. We are pleased to offer in-person and online opportunities for learning, growing in faith, and deepening our relationships in this beloved community.

### WINTER ADULT SPIRITUAL FORMATION

Registration for classes

Online registration opens on Friday January 26 – closes on Wednesday, February 7

In-person paper sign-up at church is Sundays Jan. 28 & Feb. 4

All groups and classes begin the week of February 12 unless otherwise noted.

Winter term runs for 6 weeks unless otherwise noted.

Register online at [www.edmondsumc.org/asf](http://www.edmondsumc.org/asf) or call the office, 425-778-2119

### NEW MEMBER CLASS

Sunday, February 25 | 2:00-3:30pm | or

Sunday, March 10 | 11:30am – 1:00pm

Come find out more about Edmonds UMC – our basic beliefs, our organizational structure, our ministries, and opportunities for you to learn, worship, grow and serve. Materials are provided; childcare is also available upon request.

Class is one session, choose your preferred date.

[Click here to register](#)

Facilitator: Pastor Donna Pritchard, [donnap@edmondsumc.org](mailto:donnap@edmondsumc.org)

### PARENTING FROM A PROGRESSIVE FAITH PERSPECTIVE

What do you do when the parenting tools you learned from your church, or your parents no longer fit your religious and personal point of view? “God is watching everything you do,” or “Satan will tempt you to sin.” Then there is the conditional love point of view, “God loves you more when you are obedient and is disappointed when you sin.” Or around homosexuality and other “sins”, “God loves the sinner, but hates the sin.”

What does it mean to parent with a different belief system around God and Jesus? What can you hold onto as solid ground and guidance? Diana and Katy will share their experiences of letting go of old conservative parenting tools and the struggle to replace them with new ways to parent.

Facilitators:

Katy Araujo, PhD. is a retired therapist and former evangelical who has a unique understanding of the intersection of mental health and healthy religion. She now finds herself very comfortable worshipping in a progressive Christian church. Katy has three adult children and 7 grandchildren. She believes in “loving fearlessly.”

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Diana Nielsen owned and ran a counseling agency for 19 years that provided mental health counseling to employees of school districts and their families and is a former Mormon who floundered as a parent for several years before totally reshaping her religious and faith beliefs that align with a healthier view of God. She was excommunicated from the Mormon church for her same sex marriage. Diana has an adopted daughter, age 22, who is a miracle in so many ways.

This is a project of the Family Ministries Program. Contact Karin Johnson if you are interested in participating. [karinj@edmondsumc.org](mailto:karinj@edmondsumc.org). You will receive an email to decide as a group on dates and times.

### WOMEN'S BIBLE STUDY

Thursdays, February 15 – March 21 | 10-11:30am | on Zoom

A friendly group of women have been meeting for many years to read the Bible, led by various people over time—currently by Rev. Dick Gibson. Join us as we read the minor prophets in the Old Testament. Jeanette Murphy is the class coordinator.

Please join us via zoom. You will receive the link from Jeanette.

[Click here to register](#)

Teacher: Rev. Dick Gibson, [rkgibson38@gmail.com](mailto:rkgibson38@gmail.com)

### SACRED ENCOUNTERS

Tuesdays, February 13, 20, 27, March 5 | 10:00am-12:00pm | on Zoom

What happens when Jesus and his disciples have close encounters with others along the way? Using the Books of Luke and Acts, we will delve into these encounters and reflect together on the Jesus we meet along our path and how we interact with others as a result of Jesus in our lives. We'll look at the stories of Mary & Martha, a leper, a politician, a eunuch, Lydia, and others. I'm looking forward to our sharing.

[Click here to register](#)

Teacher: Rev. Dick Gibson, [rkgibson38@gmail.com](mailto:rkgibson38@gmail.com)

### CARE GIVER SUPPORT GROUP

Date and time to be decided by group

Are you caring for a spouse, partner, parent, friend, or sibling?

Caring for another person is challenging. Stephen Ministry is creating a Caregivers Group for mutual support. We will meet every other week for six weeks in the church library to share our personal struggles, to address specific topics related to providing care, and to build personal relationships with other caregivers.

[Click here to register](#)

Contact: Tim Guirl [t.guirl@comcast.net](mailto:t.guirl@comcast.net)

Joan Hollowell [jrhollowell@comcast.net](mailto:jrhollowell@comcast.net)

## DISCOVER "HYGGE"

*Hygge (Norwegian noun): coziness, pleasure, contentment, comfort, ease, hominess, cheer, satisfaction, enjoyment.*

Monday, February 12 | 7-8:30 pm | Church Library

Learn about the hygge way of finding comfort and joy in the bleak mid-winter. We will discuss and share traditions from this Scandinavian practice to bring warmth and light into the short, cold, and dark days (and long nights) of winter. Bring stories and maybe even some show 'n tell.

[Click here to register](#)

Instructor: Ed Egerdahl (resident expert on all things Norwegian) [scandina@frontier.com](mailto:scandina@frontier.com)

## VISUAL JOURNALING

Mondays, March 4, 11, 18 & 25 | 6-8:00 pm | Church Library

Materials Fee: \$5.00 per person (payable in class)

Have you tried (maybe repeatedly) to journal but find yourself at a loss for words after a day or two? Does this spiritual discipline feel more like drudgery than play? This class will help you bring a new dimension to your journaling through the use of images, color, and words. Faith teaches us that we have profound healing powers within us. The question is how to find them and put them to work for us. Visual Journaling can help. You do not need to be an artist, nor consider yourself particularly creative to benefit from this experience.

[Click here to register](#)

Instructor: Pastor Donna Pritchard

## READING THE BIBLE THROUGH NEW EYES

Date and time to be decided by group

The Bible is the most read book in the world, and yet, so many have interpreted its words in so many ways. Some interpretations hurt. Some inspire. Some read it as fact and others read it as metaphor or mythology. Words on a page can become static and lifeless, and, to paraphrase Jesus, words kill, but the Spirit gives life.

Join Alex Araujo in studying the Bible through new eyes and new ways of thinking using his own journey from learning the Bible as a religious conservative to a more expansive, progressive one. Bring your own perspectives and explore together a window into a dynamic and living world, to see beyond the words, to go on a treasure hunt and see what we find.

[Click here to register](#)

Leader: Alex Araujo is a life-long student of the Bible and served nearly 40 years in cross-cultural/international Christian service. [araujoone@gmail.com](mailto:araujoone@gmail.com)

## THE MYSTERY OF AWE AND WONDER

Part One, Winter Quarter | Part Two, Spring Quarter

**PART ONE** of our exploration of Awe and Wonder begins in Winter Quarter. We will use a variety of sources in this study including the experience of a "Sound Bath" in a special Saturday evening session in the Wesley room.

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Feb. 15 – March 21 | Thursdays | 7-8:30pm (no class on Feb. 22)  
Feb. 25, Saturday at 6pm | Wesley room for Sound Bath

We hunger for a deeper meaning and connection with the divine especially in times of chaos and upheaval—within and outside us. Science shows us, what has been understood in religion for millennia, that we are biologically and genetically wired for spirituality and connection to God (by whatever name we use). Wonder and awe are all around us and in us when we have eyes to see and ears to hear. We will dive into the mysteries that surround us and cultivate hearts open to the wonder.

[Click here to register for the series including the Sound Bath](#)

Sound Bath: on Saturday, Feb. 24 at 6pm we will gather in the Wesley room to take a deep dive into the mystery and awe of healing sound through immersion in a crystal bowl Sound Bath with Dawn Torres, RYT, Reiki Master, Sound & Energy Healer, Meditation and Yoga Teacher.

[Click here to register for the Sound Bath Only](#)

**PART TWO:** Spring Quarter – join us for a half day workshop on *The Gift of Wonder* with the author Christine Sone, a retired physician, Christian mystic, and writer, who lives in Seattle.

Coordinator: Diana Nielsen [diana.nielsen@comcast.net](mailto:diana.nielsen@comcast.net)

## SMALL GROUP MINISTRY

These small groups meet throughout the year and do not require registration. Just email the group coordinator and let them know you would like to join. They will follow up with any information you might need to get started. These groups are a great way to meet and make new friends in our church community.

**To join a small group, email the listed facilitator.**

### DINNER AND GAME NIGHT

Second Friday of each month | 5:30pm set up, 6:00 – 8:00pm|Potluck dinner and games | Wesley Room

Intergenerational fun. All ages welcome. Pizza will be provided or sign up for a potluck items—salads, side dishes, or desserts. Bring a favorite game or activity to share. You can also sign up to help with set-up.

If you forget to RSVP, don't have time to get a potluck item, are arriving late, come anyway!! We're happy to have you.

Sign up monthly through the weekly E-news Sign-up Genius link.

Coordinator: Karin Johnson [karinj@emondsumc.org](mailto:karinj@emondsumc.org)

## LIVING THE QUESTION - MONDAY NIGHT WOMEN'S BOOK GROUP

Mondays - ongoing | 7:00 pm | Room 302

Our group is a book discussion group that explores a variety of non-fiction topics ranging from theology and history to psychology and contemporary politics. If you enjoy lively debate, please join us Monday nights—we always welcome new members. In the upcoming quarter, we will read:

*Joseph E. Stiglitz: The Great Divide. Unequal Societies and What We Can Do About Them.*  
New York, 2016 (Paperback)

Stiglitz, a Noble Prize winner in economics, has written extensively on the rising tide of inequality in America as well as around the globe. Based on a discussion of recent US economic history, including the tech bubble and the housing bubble with its subsequent financial collapse in 2008, the book highlights how specific policies greatly skew the distribution of wealth towards top earners and large corporations with potentially catastrophic consequences for our democratic system. At the same time, Stiglitz proposes changes that would temper the obsession with profit-taking and instead emphasize fairness and a more equitable society in general.

Facilitators:

Eva-Maria Barthel [siggifreud@hotmail.com](mailto:siggifreud@hotmail.com) Phone: 206-542-0180

Barbara McGuire [babmcguire@comcast.net](mailto:babmcguire@comcast.net)

## CENTERING PRAYER PRACTICE

Wednesdays – ongoing | 12:00pm-1:30pm | Church Library or by Zoom

In our busy lives or in our isolation, we hunger for God's voice. As the desert mothers and fathers prayed, this weekly practice deepens and nourishes our relationship with God. Each week follows this framework: 20 minutes of contemplative prayer, 5 minutes walking meditation, 15 minutes to listen and respond to Scripture, 20 minutes of contemplation. If you are a beginner, we provide instruction and all written materials.

Facilitator: Siouxan Christian, [sioux-self@hotmail.com](mailto:sioux-self@hotmail.com)

## UNITED WOMEN IN FAITH

Third Sunday of the month | 11:45 am | Room 113

How do we bond and make friends? How do we do the work of the church? How do I find a place to belong? The women (and those who identify as female) of United Women in Faith are meeting in person again and at new restaurant every month. Events are planned in Summer and in Fall. We are movers and shakers and reach out to the community by giving in-kind donations. We also share the profits from the Thrift Store with charities and church missions, volunteer to feed the homeless/low income, and plan a bazaar for November. We start up again in October. We are always looking to the future and invite you to join us and get weekly updates. Contact Gay to get the weekly updates and information on monthly meeting location.

Facilitator: Gay Johnson, [gajedmonds1325@yahoo.com](mailto:gajedmonds1325@yahoo.com)



## MOVIES WITH A MESSAGE

Second Saturday of the month starting in February | 3:00pm | Church Library

Everyone is welcome to attend our monthly FREE movie that will tug at your heart, and make you think about the concerns and rights of other people. The films are not all faith-based, but all will make you think about social topics and putting yourself in someone else's shoes. Important messages are all around. Join us for good fellowship and conversation.

Facilitator: Gay Johnson, [gajedmonds1325@yahoo.com](mailto:gajedmonds1325@yahoo.com)

## VOLUNTEER AT THE THRIFT SHOP—Make a Difference

Weekly - ongoing | Thursday, Friday, & Saturday | 10:00am to 2:00pm.

We are looking for volunteers who want a place to belong and help others. Do you enjoy being with people? Do you like organizing and helping others find treasures? We have a wonderful thrift shop in the church, and it is open Thursday, Friday, and Saturday, from 10:00 am to 2:00 pm. Sometimes we pop in on Wednesday to set up for the shop days ahead. We are a fun group of people, and you never work alone. Training is provided. Sign up if you have a few hours to spare. Work one day a month or a few hours each week. Looking for social media savvy people as well. Visit us at the Thrift Shop, get a tour and find out if this might be the place for you.

Contact: Gay Johnson, [gajedmonds1325@yahoo.com](mailto:gajedmonds1325@yahoo.com)

## EUMC SISTERS FRIENDSHIP GROUP

First Tuesday of the month

Six regular gatherings | 12:00-2:00 pm | various locations (EUMC, homes, picnics, etc.  
Six Lunch Bunch times at local restaurants on alternate first Tuesdays | 12:00-1:00 pm

We are friends who volunteer and look out for one another. We discuss spirituality, talk about current issues, and take turns offering devotions. We support others by sharing joys, concerns, and prayer requests. We currently support the Edmonds Food Bank and are collecting warm winter socks for children and adults in need.

Past meetings have included favorite recipes and bringing potluck samples, a visit by a barbershop quartet, sharing our travels, cookie exchange, and other delightful interests! Recently, one of our members shared her exquisite collection of 100+ Fans. The members range in age from 65 to 93. All are welcome.

Contact: Carolyn Goble, [carsuegob@gmail.com](mailto:carsuegob@gmail.com)

## LIVING WELL WITH DISABILITIES

2<sup>nd</sup> & 4th Saturdays - ongoing through June | 10:00-11:30am | Church Library

We are an open, non-ablest, and non-judgmental group of individuals who share this journey in our bodies with chronic disabilities of all types—including hereditary, current, or developing; physical, emotional, and mental. We support each other through many types



of services, referrals, and what has worked for each of us. You are welcome to join at any time. We explore new books, podcasts, and lively discussions.

Coordinator: Carol Hollyfield, [chollyfield@comcast.net](mailto:chollyfield@comcast.net)

### MEN'S SATURDAY DAWN PATROL

Saturdays weekly - ongoing | 7:30-9:00am | Church Library

We will continue our Bible/book study format with a great group of guys for lively discussions! We share our faith and discuss life's issues over coffee and treats. Join us!

Facilitator: Darryl Berg, [z1greatguy@hotmail.com](mailto:z1greatguy@hotmail.com)

### MONDAY MEN'S CHRISTCARE GROUP

Mondays – ongoing | 3:00 - 4:30 pm | Room 302

The Monday Afternoon Men's ChristCare Group is an ongoing group on men with diverse points of view that selects a book of interest to the members for discussion. We are just starting a discussion of *Wrestling with Doubt, Finding Faith*, by Adam Hamilton. New members welcome.

Facilitator: Bob Schroff, [rschroff@comcast.net](mailto:rschroff@comcast.net)

### KNIT 2 GETHER

Sundays - ongoing | 1:00-3:00pm | Room 302

Join a fun community of knitters and facilitators who are available to teach basic knitting techniques. Bring your projects in progress, or knit hats, mittens, and other items for the cold weather shelter here in Edmonds. We can assist with appropriate patterns for items to be donated. Bring your own needles and yarn. Everyone is welcome!

Email Laurie to join:

Facilitators: Laurie Napa, [lnapa@comcast.net](mailto:lnapa@comcast.net)  
Gayle Crawford, [gcrawf@comcast.net](mailto:gcrawf@comcast.net)

### RENOVARE GROUP

Mondays weekly - ongoing | 10:30am-12:00pm | Church Library and Zoom (Hybrid)

The Renovare Group (renovare means renewal and pronounced ren-oh-va-ray) is an ongoing group. We gather for spiritual growth, exploring questions on faith and discipleship. We pray with and for each other. We are currently reading *Reckless Love, Jesus' Call to Love Our Neighbor*, by Tom Berlin. You can join any week. We welcome all beginning seekers or those who have been on the journey longer.

Facilitator: Beth Lanie, [bethmtlk@gmail.com](mailto:bethmtlk@gmail.com)

### MEXICAN TRAIN DOMINOES GROUP

Wednesdays weekly - ongoing | 1:30-4:00pm | Library

Open to all ages for this fun social game group! We'll teach you if you don't know how to play. No registration necessary. Just come and join us.

Facilitator: Dolores Moore – 425-774-2275

# ADVOCATES FOR JUSTICE TEAMS

This is a gathering of church folks seeking advocacy for particular local, national, and worldwide issues of justice. Some issues have a team of people, some have one or two, some meet weekly, and others meet as needed. All issues are important as we discuss how our church and faithful people can advocate for love, justice, and forgiveness. Once a month we all meet together to share ideas. Bring your issue or join one of the teams below. **Contact the facilitator to join, registration is not necessary.**

## MONTHLY MEETING OF ALL ADVOCATES FOR JUSTICE

Second Saturday of the month | Sept. until June | 10:00 am - 11:30 | Zoom

Facilitator: Rev. Dick Gibson, [rkgibson38@gmail.com](mailto:rkgibson38@gmail.com)

## EUMC ADVOCATES FOR JUSTICE – ENVIRONMENT

Fourth Thursday of the month | 1:00pm | Zoom

This group advocates for and with the EUMC congregation, as individuals and as a church, to reduce our carbon footprints and work for climate justice. We stress sustainability and ways to refuse, reduce, reuse, and recycle, striving to eliminate everything possible from our landfills.

Facilitator: Lu Loree, [lugehrig@gmail.com](mailto:lugehrig@gmail.com)

## INTERFAITH CLIMATE ACTION (ICA)

Second Thursday of the month | 3:00pm | Zoom

ICA brings together people from diverse faith traditions to advocate for the moral imperative of creating a just and sustainable world.

Facilitator: Lu Loree, [lugehrig@gmail.com](mailto:lugehrig@gmail.com)

## RACIAL JUSTICE TEAM

Thursdays weekly | 7:00pm-8:30pm | Zoom

The Racial Justice Team is an ongoing group that addresses both personal and systemic racism. We work to educate ourselves and those in our community, learning from People of Color. We act locally and legislatively in the spirit of love to counteract the racism that harms people in our community. You can join our meetings or contact us to collaborate.

Facilitator: Beth Lanie, [bethmtlk@gmail.com](mailto:bethmtlk@gmail.com)

## GUN SAFETY TEAM

The Gun Safety Team is an ongoing group that addresses the tragedy of gun violence in our communities. We seek to educate and take action locally and legislatively to reduce gun violence and promote gun safety and responsibility. We meet intermittently and work in partnership with the Washington State Alliance for Gun Responsibility.

Facilitators: Gayle Davis at: [gayledavis777@gmail.com](mailto:gayledavis777@gmail.com) or  
Paula Barnes at: [paulasimpsonbarnes@gmail.com](mailto:paulasimpsonbarnes@gmail.com)

# CARE AND SUPPORT

## STEPHEN MINISTRY

Stephen Ministers are lay congregation members trained to provide one-to-one care to those experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, or relocation. Stephen Ministers come from all walks of life, but they all share a passion for bringing Christ's love and care to people during a time of need.

Contacts: Joan Hollowell, [jrhollowell@comcast.net](mailto:jrhollowell@comcast.net) or  
Page Campbell, [mydrccpage@gmail.com](mailto:mydrccpage@gmail.com)

## COMMUNITY NA & AA GROUPS

EUMC supports recovery groups at our church. Anyone in the church or the community is welcome to join any of these groups. Just show up and you will be fully welcomed.

<b>NARCOTICS ANONYMOUS</b> - Straight Ahead NA Every Wednesday   7:30pm   Room 113	<b>ALCOHOLICS ANONYMOUS</b> - Daily Reflections AA Every Wednesday   9:00am   Room 302
<b>ALCOHOLICS ANONYMOUS</b> – Women's AA Every Wednesday   10:00am   Room 113	<b>ALCOHOLICS ANONYMOUS</b> – AA Every Friday   8:30am   Room 113